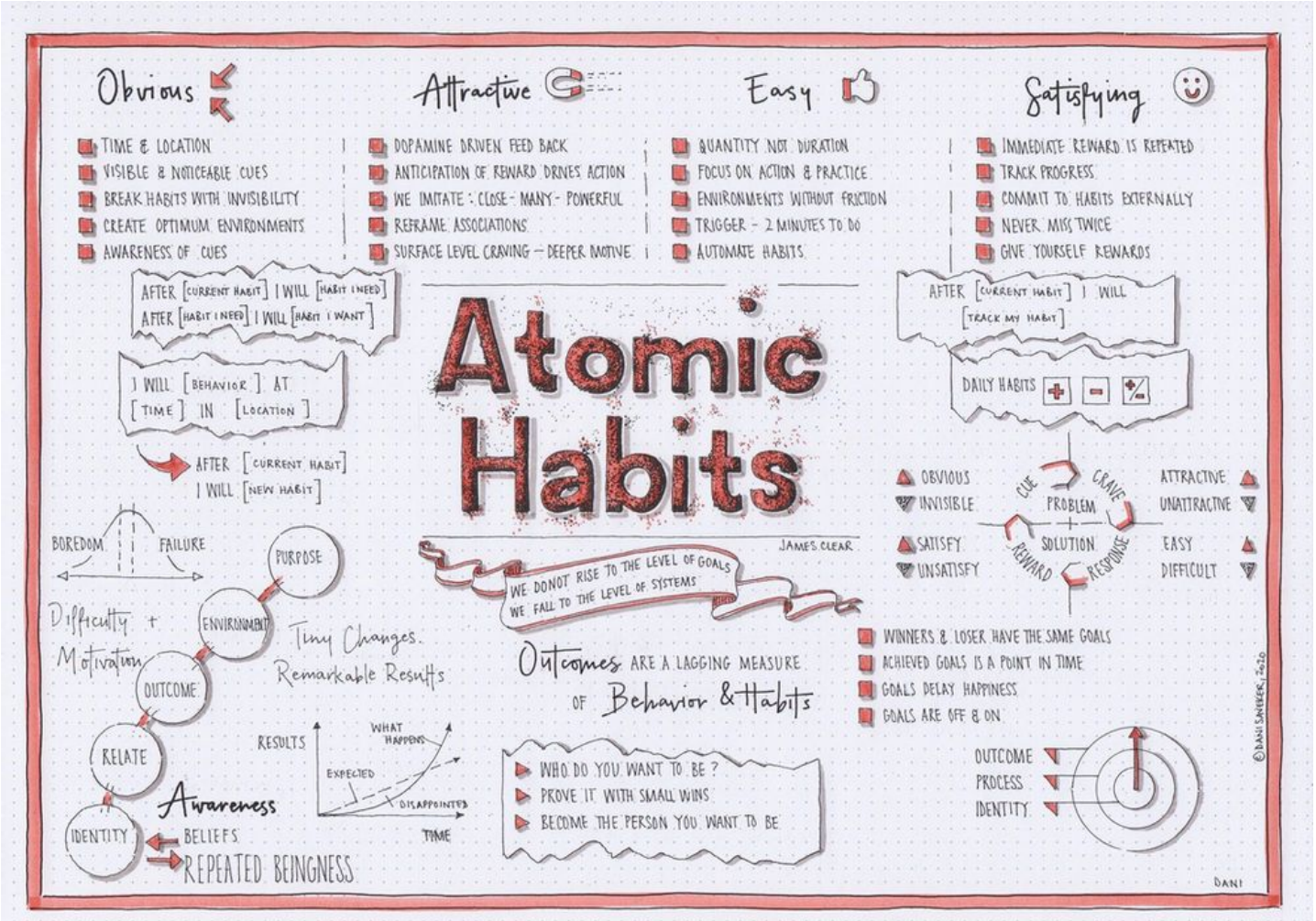
Twitter Thread by Aaron Golub



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10 Lessons From (the book you still haven't read) Atomic Habits by James Clear:



We all have habits, whether good or bad. The problem is that most people don't realize how much power their habits have over their lives.

Bad habits repeat themselves repeatedly, not because you don't want to change, but because you have the wrong system for change.

Changes that seem small and unimportant initially will compound into remarkable results if you're willing to stick with them for years.

That's why it's so important to develop good habits and break bad ones.

Here are 10 lessons from Atomic Habits by James Clear that can help you do that.

1. Make it easy to start
The easier it is to begin your new habit, the more likely you will stick with it.

If you want to start running, for instance, don't make a goal of running 5 miles a day.

Start by going for a short walk around the block.

Once that becomes easy, add more each time until you're up to your goal.

2. Form a cue or trigger

Cues are habits that trigger other habits.

For example, brushing your teeth is a cue that triggers the habit of flossing.

If you want to form a new habit, find an existing cue that you can use to trigger it.

3. Create a craving

When you have a craving for something, you're more likely to act on it.

So if you want to form a new habit, find a way to create a craving for it.

For example, if you want to eat healthily, ensure healthy snacks are visible and easily accessible.

4. Make it satisfying

The more satisfying your new habit is, the more likely you will stick with it.

If you're trying to eat healthily, make sure you're eating foods you enjoy and filling you up.

5. Set a goal

Goals give you something to strive for and help keep you motivated.

When setting a goal for your new habit, make sure it's specific, measurable, achievable, relevant, and time-bound (SMART).

6. Set a deadline

If you want to make sure you stick with your new habit, set a deadline for yourself.

For example, if you want to start working out, make a goal of working out three times a week for six weeks.

7. Make a plan

When you have a plan, you're more likely to follow your habits.

So if you want to make sure you're sticking to your new habit, plan how you will do it.

The first plan you make likely won't work, so adjust it as needed.

8. Get an accountability partner

Having someone to keep you accountable can be a great way to make sure you're sticking to your habits.

Find someone with a similar goal and check in with each other regularly to see how you're doing.

9. Reward yourself

When you reach your goals, reward yourself!

This will help motivate you to keep going and make it more likely that you'll stick with your habits.

The reward can be big or small; it doesn't matter as long as it's unique.

10. Keep track of your progress

Tracking your progress is a great way to stay motivated and on track with your habits.

Use a journal or app to track your new habit and how well you're doing.

This will help you see your progress and keep moving forward.

Summary:

Developing good habits can be hard, but it's worth it.

These 10 lessons from Atomic Habits by James Clear can help you get started.

Just remember to...

Plan
Set a goal
Find a cue
Start small
Make it easy
Set a deadline
Create a craving
Make it satisfying
Track your progress

Get an accountability partner

You can do it; just keep going!

Thank you for reading; I hope you enjoy these tips from James Clear!

If you got value from this, follow me
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